

FOOD SERVICE

A student who has completed the Job Corps Food Service program is equipped with the skills to contribute to the workplace as a valued employee from day one. Competence in academic and vocational skills is required for graduation. In addition, Job Corps students learn employability and technological skills. To complete his or her Food Service training, a student must master skills in the following categories:

PANTRY COOK

PREPARE FOR FOOD SERVICE OCCUPATIONS

Describe jobs, training and expectations in the food service industry; understand cooking terminology; describe cooking methods; identify herbs and spices.

SANITATION AND SAFETY

Identify causes of and prevent food-borne illness; practice correct sanitation, personal hygiene and safety procedures; demonstrate first-aid practices; identify the eight components of Hazard Analysis of Critical Control Points (HACCP); describe factors that cause fires; demonstrate correct use of food service chemicals and Material Safety Data Sheets (MSDS).

STANDARDIZATION

Explain the purpose of standardization; identify the parts of a standardized recipe; correctly increase or decrease recipes; demonstrate correct measuring procedures.

TOOLS AND SMALL EQUIPMENT

Select, use and care for tools and small equipment correctly.

LARGE EQUIPMENT

Operate, clean and maintain major food equipment; demonstrate the use, care and cleaning of mixers, choppers and slicers; demonstrate the use, care and cleaning of ranges, conventional and non-conventional ovens and fryolators.

VEGETABLES AND FRUITS

Clean, prepare and store vegetables and fruit.

PREPARATION OF MEALS

Prepare breakfast dishes, salads and dressings, sandwiches, convenience food, vegetables, pastas, legumes and other starches.

STATION COOK

Prepare meat, poultry and seafood; prepare soups, sauces and appetizers.

COOK, HOTEL/RESTAURANT

PREPARE FOOD

Cook meats, poultry, fish and shellfish; identify and use tools and small equipment found at the bake station; prepare yeast and quick breads, rolls, cakes, cookies, pies and pastries.

HOSPITALITY INDUSTRY

Understand the hospitality industry; demonstrate place settings for French, Russian and American a la carte service.

NUTRITION AND FOOD MANAGEMENT

Understand dietary guidelines and nutritional labels; write breakfast, lunch and dinner menus; create and implement a work schedule for the kitchen; calculate food costs; conduct safety/sanitation inspections; perform inventory and warehousing; oversee cleanup of the kitchen area.